

# **SNOHOMISH COUNTY DEVELOPMENTAL DISABILITIES**



## **RESOURCE GUIDE**



**2015**

**Resources and contact information for over 350 agencies**



Publications Created By

**Snohomish County Human Services Developmental Disabilities**

3000 Rockefeller MS 305

Everett, WA 98201

For copies of resource book or to make comments/ suggestions

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Publication available on Snohomish County website:

[www.snohomishcountywa.gov/dd](http://www.snohomishcountywa.gov/dd)

*This book contains information regarding public, private and nonprofit agencies.*

*Inclusion in this directory does not constitute endorsement, nor is any omission an intention*



**Snohomish County**  
Human Services

(425) 388-7200  
FAX (425) 259-1444  
M/S 305  
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Everett, WA 98201-4046

Dear Fellow Residents,

Welcome to the Snohomish County Developmental Disabilities Resource Books, designed to provide you with helpful information that can shape and improve your quality of life.

Individually, each booklet in the four book series provides a wealth of information. Collectively they create an opportunity for making the most of services offered by the Snohomish County Human Services as well as connections to programs offered by other organizations and non-profit service providers within the area.

The topics in the series are:

- **Community Plan** - Current issues and efforts being made to improve the quality of life for individuals with developmental disabilities and their families.
- **Resource Guide** - Description and contact information for more than 300 resources.
- **Building a Successful Future** - Information to help you understand community resources and plan for your future.
- **Career Path Services Guide to Employment** Supports for individuals interested in working and contributing in their community.

Together we can make Snohomish County a better place to live, work and play. Thank you for letting us do our part.

Sincerely,

Ken Stark, Director  
Snohomish County Human Services  
[Ken.Stark@co.snohomish.wa.us](mailto:Ken.Stark@co.snohomish.wa.us)



# **The Snohomish County Mission Statement and Governing Principles**

The Mission Statement and the Governing Principles were developed in conjunction with the Citizen Advisory Board and serve as a guide to Snohomish County Developmental Disabilities in the development of public policy, supports and services.

## **Mission Statement**

**Foster Inclusive Communities that Support People with Developmental Disabilities  
To Fully Participate in and Contribute to All Aspects of Community Life.**

## **Governing Principles**

### **Individualized Supports**

Design and develop support to meet the specific needs and goals of each individual.

### **Choice**

Create opportunities for individuals to have choices in their community and support individuals in advocating for themselves.

### **Community**

Promote community-based options.

### **Inclusion and Contribution**

Promote inclusive/diverse communities so that people have opportunities to achieve meaningful and purposeful lives.

### **Access**

Promote individual and community accessibility.

### **Diversity**

Promote culturally relevant supports, while respecting and supporting individuals' uniqueness and diversity.

## WHAT'S

## INSIDE

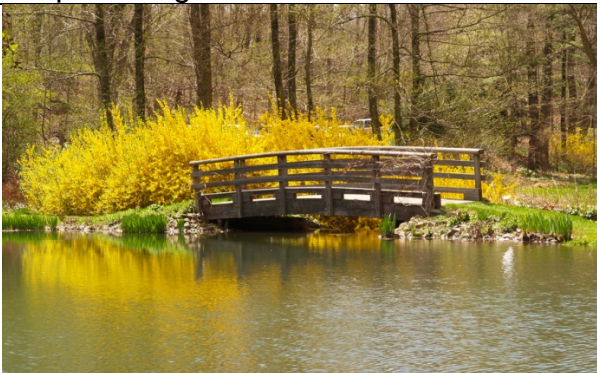


ACCESSIBILITY.....	1
ADVOCACY .....	2
Advocacy Agencies .....	2
Self-Advocacy/Community Education .....	3
ASSISTIVE TECHNOLOGY.....	4
EDUCATION .....	5
Support and Resources.....	5
Colleges.....	6
Community Education Resources .....	6
FAMILY & PARENT RESOURCES.....	7
Early Intervention.....	7
Resources and Support.....	8
FINANCIAL.....	12
Employment Assistance .....	12
Financial Planning .....	12
Financial Assistance.....	13
Energy Assistance.....	13
HEALTH CARE/ MEDICAL SERVICES .....	14
Health Insurance .....	14
Medical Support.....	14
Mental Health .....	16
HOUSING & LIVING INFORMATION .....	17
Resources to Obtain Affordable Housing .....	17
In Home Support .....	17
Emergency Housing .....	18
Home Ownership Resources.....	19
Home Maintenance .....	19
INFORMATION/RESOURCE/REFERRAL.....	20
LEGAL.....	21
RECREATION.....	22
Recreational Opportunities .....	22
TRANSPORTATION .....	24
INDEX OF AGENCIES.....	26



# ACCESSIBILITY

<b>Accessible Playground</b>	A website which includes a directory and resources related to accessible playgrounds.	<a href="http://www.accessibleplayground.net">www.accessibleplayground.net</a>	
<b>American Trails</b>	Provides information on how ADA affects trails and greenways. Learn about accessible trail and greenway designs, training opportunities, legal issues and federal guidelines.	<a href="http://www.americantrails.org/resources/accessible/index.html">www.americantrails.org/resources/accessible/index.html</a>	
<b>Beneficial Design</b>	The Universal Trail Assessment Process documents actual conditions in outdoor, natural environments.	<a href="http://www.beneficialdesigns.com">www.beneficialdesigns.com</a>	
<b>Disability and Business Technical Assistance Center (DBTAC)</b>	(formerly Northwest ADA Center) Provides free confidential phone consultation as well as onsite and webinar training regarding Americans with Disabilities Act (ADA) compliance.	<a href="http://www.dbtacnorthwest.org">www.dbtacnorthwest.org</a>	800-949-4232
<b>Job Accommodation Network</b>	Provides free, expert, and confidential guidance on workplace accommodations and disability employment issues. Works toward practical solutions that benefit both employer and employee.	<a href="http://askjan.org/soar">http://askjan.org/soar</a>	800-526-7234
<b>Landscape Structures</b>	Creates playgrounds that promotes inclusive play by addressing accessibility, age and developmental appropriateness and sensory-stimulating activities: making playgrounds a gathering spot for children/families of all abilities.	<a href="http://www.playlsi.com">www.playlsi.com</a>	888-438-6574
<b>National Center on Accessibility</b>	Promotes access and inclusion for people with disabilities in parks, recreation and tourism.	<a href="http://www.ncaonline.org">www.ncaonline.org</a>	
<b>U.S Access Board</b>	Committed to accessible design.	<a href="http://www.access-board.gov">www.access-board.gov</a>	800-872-2253
<b>U.S Department of Justice</b>	Provides information and technical assistance on the Americans with Disabilities Act	<a href="http://www.ada.gov">www.ada.gov</a>	800-514-0301
<b>U.S Forest Service</b>	Provides guidelines to maximize accessibility while recognizing and protecting the unique characteristics of the natural setting of outdoor recreation areas and hiker/pedestrian trails.	<a href="http://www.fs.fed.us/recreation/programs/accessibility">www.fs.fed.us/recreation/programs/accessibility</a>	
<b>Washington State Parks</b>	Provides information about state parks and accessible outdoor recreation. An <b>Accessible Pass</b> Good for 50% discount on nightly camping/moorage. Free watercraft launching and trailer dump. Available for one-year (short-term disability) or five-year (permanent disability) periods. Note: Simply show your placard, license plate or issued wallet card along with matching I.D. directly to the park ranger.	<a href="http://www.parks.wa.gov">www.parks.wa.gov</a>	360-902-8844 888-226-7688



# ADVOCACY

## Advocacy Agencies

<b>Arc of Snohomish County</b> Support to individuals with developmental disabilities and their families to be knowledgeable and have the necessary skills and information to advocate and to educate the community about issues that affect individuals with developmental disabilities. These activities include building leaders, building inclusive communities, partnering with schools, promoting accessible and coordinated transportation and affordable and safe housing. <a href="http://www.arcsno.org">www.arcsno.org</a>	<b>425-258-2459</b>
<b>Center for Independence</b> Provides outreach, advocacy and support to assist individuals with disabilities to fully access their community. <a href="http://www.cfinorth.org">www.cfinorth.org</a>	<b>360-393-3890</b>
<b>Disability Rights of Washington (DRW)</b> A private non-profit organization that protects the rights of people with disabilities statewide. <a href="http://www.disabilityrightswa.org">www.disabilityrightswa.org</a>	<b>206-324-1521 800-562-2702</b>
<b>Domestic Violence Services of Snohomish County</b> 24-hour crisis line, support groups, emergency shelter, transitional housing and legal advocacy. <a href="http://www.dvs-snoco.org">www.dvs-snoco.org</a>	24-hr Crisis Line <b>425-252-2873</b>
<b>Family Mentor Project</b> Helps families and guardians through the process of moving a child member to the community from a Regional Habilitation Center (RHC). <a href="http://www.familymentorproject.info">http://www.familymentorproject.info</a>	<b>360-878-7579</b>
<b>Governors Committee on Disability Issues and Employment</b> <a href="http://www.esd.wa.gov/newsandinformation/legresources/gcde">http://www.esd.wa.gov/newsandinformation/legresources/gcde</a>	<b>360-486-5890</b>
<b>National Council on Disability (NCD)</b> Provides advice to the president, congress, the executive branch to promote policies, programs, practices and procedures that guarantee equal opportunity for all individuals with disabilities. <a href="http://www.ncd.gov">www.ncd.gov</a>	
<b>PAVE (Parents Are Vital in Education)</b> Advocacy, workshops, resources and referral regarding special educational. <a href="http://www.washingtonpave.org">www.washingtonpave.org</a>	<b>800-5PARENT 800-572-7368</b>
<b>Refugee Women's Alliance</b> A multi-ethnic, community-based organization that provides comprehensive culturally and linguistically appropriate services to refugee and immigrant communities. <a href="http://www.rewa.org">www.rewa.org</a>	<b>206-721-0243</b>

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." – John Quincy Adams*

<b>Team Child</b> Provides support and advocacy to divert youth from the juvenile justice system through building community partnerships and providing support for education, health, housing and other basic needs of youth. <a href="http://www.teamchild.org">www.teamchild.org</a>	<b>206-322-2444 425-258-3132</b>
<b>WA State Developmental Disabilities Council (DDC)</b> Provides information, policy advocacy for individuals with disabilities and their families. <a href="http://www.ddc.wa.gov">www.ddc.wa.gov</a>	<b>800-634-4473</b>
<b>Washington Autism Alliance and Advocacy</b> Advocating for improved access to healthcare, education and social services through the lifespan. <a href="http://www.washingtonautismadvocacy.org">www.washingtonautismadvocacy.org</a>	

# ADVOCACY

<b>Washington State Human Rights Commission</b> Eliminate, prevent and investigate alleged discrimination.	<a href="http://www.hum.wa.gov">www.hum.wa.gov</a>	800-233-3247
<b>Washington State Long Term Care Ombudsman</b> Improves the quality of life for people in licensed long-term care facilities by providing volunteers who listen to resolve problems and answer questions.	<a href="http://www.waombudsman.org">http://www.waombudsman.org</a>	425-388-7393 800-562-6028
<b>Windmills Disability Awareness Training</b> Service Alternatives provides disability awareness training to employers and organizations.	<a href="http://satraininginstitute.org/training-catalog/training/31/Windmills">http://satraininginstitute.org/training-catalog/training/31/Windmills</a>	800-896-9234



*"Never doubt that a small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever does."*

*Margaret Mead*



## Self-Advocacy/Community Education

<b>Autistic Self Advocacy Network (ASAN)</b> Disability rights organization run by and for autistic adults.	<a href="http://www.autisticadvocacy.org">www.autisticadvocacy.org</a>	
<b>Disability Is Natural</b> A website that promotes new attitudes, new actions, and common sense in the disability arena.	<a href="http://www.disabilityisnatural.com">www.disabilityisnatural.com</a>	
<b>Disability Social History Project</b>	<a href="http://www.disabilityhistory.org">www.disabilityhistory.org</a>	
<b>Educating on Disability</b> Ken Miller is a nationally recognized motivational speaker who speaks about advocacy, he lives in Snohomish County.		425-353-6422
<b>People First of Washington</b> Statewide self-advocacy organization run by and for individuals with developmental disabilities.	<a href="http://www.peoplefirstofwashington.org">www.peoplefirstofwashington.org</a>	800-758-1123
<b>Self-Advocacy Groups in Snohomish County</b> Includes Women's Group, Men's Group, Transition Club and LEAD	<a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Self-Advocacy in Leadership (SAIL)</b> A coalition of people with developmental disabilities shaping public policy.	<a href="http://www.sailcoalition.org">www.sailcoalition.org</a>	888-754-8798
<b>Stanwood-Camano Aktion Club</b> A community service group sponsored by Kiwanis for adults with disabilities who want to become community leaders and provide service to others.	<a href="http://www.stanwoodcamanoresources.org/resource-center.html">www.stanwoodcamanoresources.org/resource-center.html</a>	360-629-5257



# ASSISTIVE TECHNOLOGY

<b>Able Opportunities</b> Provides workshops, individual consultations and job development to address the communication needs of pre-symbolic communicators; including individuals who are deaf / blind / DD. <a href="http://www.ableopportunities.com">www.ableopportunities.com</a>	360-638-0881
<b>Community Services for the Blind and Partially Sighted</b> Provides independent living skills training for people with visual impairments. <a href="http://www.sightconnection.org">www.sightconnection.org</a>	800-458-4888
<b>Department of Services for the Blind</b> Statewide services for individuals of all ages experiencing blindness/low vision. Services focus on independent living by providing orientation training and mobility support to individuals and families. <a href="http://www.dsb.wa.gov">www.dsb.wa.gov</a>	800-552-7103
<b>Enabling Devices</b> Develops manufactures and sells special devices to help people with disabilities reach their fullest potential. <a href="http://www.enablingdevices.com">www.enablingdevices.com</a>	800-832-8697
<b>Hearing, Speech and Deafness Center</b> Supports children and adults to realize their full communication potential. <a href="http://www.hsdc.org">www.hsdc.org</a>	800-761-2821
<b>Listen and Talk</b> Teaches children with hearing loss to communicate and learn through spoken language. <a href="http://www.listentalk.org">www.listentalk.org</a>	206-985-6646
<b>PROVAIL</b> Assists individuals in utilizing adaptive equipment for communication, computer access and phone usage. <a href="http://www.provail.org/therapy-clinic">www.provail.org/therapy-clinic</a>	206-826-1063
<b>Seattle Children's Family Conversation</b> Focuses on the needs children birth-3 through age 3, who are deaf or hard-of-hearing. <a href="http://www.seattlechildrens.org/clinics-programs/family-conversations/">www.seattlechildrens.org/clinics-programs/family-conversations/</a>	425-482-4185
<b>Special Education Technology Center</b> Provides school districts with technology resources that are otherwise difficult to find or access. <a href="http://www.specialedtechcenter.org">www.specialedtechcenter.org</a>	509-963-3350
<b>Speech to Speech</b> Free telephone assistance service for individuals who have difficulty being understood due to a speech impairment or disability. Trained staff relay calls & repeat / clarify that which is not understood. <a href="http://www.speechtospeech.org">www.speechtospeech.org</a>	877-833-6341
<b>Tech Step</b> Provides assistive technology resources for families, providers and schools (including equipment loans). <a href="http://www.sherwoodcs.org">www.sherwoodcs.org</a>	425-334-4071
<b>Washington Access Fund</b> Low interest loans for any type of assistive technology or service, and vehicle and in home modifications. <a href="http://www.washingtonaccessfund.org">www.washingtonaccessfund.org</a>	877-428-5116
<b>Washington Assistive Technology Act Program (WATAP)</b> Technology resources for employment, education and independent living. <a href="http://watap.org">http://watap.org</a>	800-214-8731
<b>Washington Assistive Technology Foundation (WATF) Access Fund</b> Promotes access to technology for individuals with disabilities. <a href="http://www.watf.org">www.watf.org</a>	800-214-8731
<b>Washington Relay Service</b> A free service that allows hearing callers to communicate with text telephone (TTY) users through specially trained relay operators. There are no restrictions to number, length or time of calls. <a href="http://www.washingtonrelay.com">www.washingtonrelay.com</a>	7-1-1
<b>Washington Sensory Disabilities Services (WSDS)</b> Provides information, training, technical assistance and resources to families and educators (statewide) for individuals age birth-to-21 with sensory disabilities. <a href="http://www.wsdsonline.org">www.wsdsonline.org</a>	800-572-7000
<b>Washington Talking Book and Braille Library</b> <a href="http://www.wtbbl.org">www.wtbbl.org</a>	800-542-0866

# EDUCATION

## Support and Resources

<b>Adolescent Health Transition Project</b> Provides resources for adolescents with special health care needs. <a href="http://depts.washington.edu/healthtr">http://depts.washington.edu/healthtr</a>	<b>206-685-1350</b>
<b>Center for Change in Transition Services</b> Works toward improving post-school outcomes for students with disabilities in Washington State. <a href="http://www.seattleu.edu/ccts">www.seattleu.edu/ccts</a>	<b>206-296-6494</b>
<b>Early Head Start / Head Start</b> Provides child development services, family support and health services for children younger than five years-of-age and their families; based on income eligibility. <a href="http://www.edcc.edu/birthtofive">www.edcc.edu/birthtofive</a>	<b>425-388-6439</b> <b>425-712-9000</b>
<b>Northwest ESD 189</b> Ensures equality in education; implements state rules/programs; provides technical assistance; collects and reports information for funding and accountability and provides technical assistance to schools. <a href="http://www.esd189.org">www.esd189.org</a>	<b>360-299-4000</b>
<b>Office of Education Ombudsman</b> Helps solve disputes and conflict between families and elementary and secondary public schools that affect student learning. Function independently from the public school system. <a href="http://www.governor.wa.gov/oeo">www.governor.wa.gov/oeo</a>	<b>866-297-2597</b>
<b>Office of Superintendent of Public Instruction (OSPI)</b> Charged with overseeing the K-12 public education system in Washington State. <a href="http://www.k12.wa.us/specialed">www.k12.wa.us/specialed</a>	<b>360-725-6000</b>
<b>PAVE (Parents Are Vital In Education)</b> Advocacy and information for parents with children with special educational needs. <a href="http://www.washingtonpave.org">www.washingtonpave.org</a>	<b>800-572-7368</b>
<b>Sno Isle Skill Center</b> Prepares high school students in Snohomish County to be successful in the high-tech work force. <a href="http://www.snoisletech.com">www.snoisletech.com</a>	<b>425-348-2220</b>
<b>Snohomish County Early Intervention Program</b> Services and support to children ages 0-3 with, or at high-risk of a delay. <a href="http://www.snohomishcountywa.gov/dd">www.snohomishcountywa.gov/dd</a>	<b>425-388-7402</b> <b>800-927-9308</b>
<b>Snohomish County Transition Coordinator</b> Assists individuals and families from the Developmental Disabilities Administration/DSHS with the process of transitioning from school to work and into community living. Includes helping families navigate the adult service systems, understand and access resources and connect to planning and employment providers (as funding allows). <a href="http://www.snohomishcountywa.gov/dd">www.snohomishcountywa.gov/dd</a>	<b>425-388-7476</b>
<b>Snohomish County Transition Council</b> Network of schools, providers, professionals and parents interested in the transition process. Focuses on youth between the ages of 18 and 21. <a href="http://www.snohomishcountywa.gov/dd">www.snohomishcountywa.gov/dd</a>	<b>425-388-7259</b>
<b>Special Education Mediation</b> Provides mediation between families and school districts to help resolve IFSP/IEP impasses. <a href="http://www.soundoptionsgroup.com">www.soundoptionsgroup.com</a>	<b>206-842-2298</b> <b>800-692-2540</b>
<b>Specialized Training of Military Parents</b> Advocacy, information and support to military families caring for family members with disabilities. <a href="http://www.stompproject.org">www.stompproject.org</a>	<b>800-572-7368</b>
<b>Washington Sensory Disabilities Services (WSDS)</b> Provides training, info, referral and support to families and providers of children who are deaf, hard of hearing, blind, visually impaired or deaf-blind. <a href="http://www.wsdsonline.org">www.wsdsonline.org</a>	<b>800-572-7000</b>

# EDUCATION

## Colleges

<b>Bellevue College</b> Offers an Associate's Degree in Occupational and Life Skills (OLS) for students with disabilities.	<a href="http://www.bellevuecollege.edu/ols">www.bellevuecollege.edu/ols</a>	425-564-2844
<b>Cascadia Community College</b> Accommodations and support services to students with disabilities.	<a href="http://www.cascadia.edu">www.cascadia.edu</a>	425-352-8860
<b>Do-It Program - University of Washington</b> Provides technology services to increase the participation of individuals with disabilities in challenging academic programs and careers.	<a href="http://www.washington.edu/doit">www.washington.edu/doit</a>	888-972-3648
<b>Edmonds Community College</b>	<a href="http://www.edcc.edu/ssd">www.edcc.edu/ssd</a>	425-640-1320
<b>Everett Community College Center for Disability Services</b>	<a href="http://www.everettcc.edu">www.everettcc.edu</a>	425-388-9272
<b>Highline Community College</b>	<a href="http://www.highline.edu">www.highline.edu</a>	206-878-3710
<b>Lake Washington Technical College</b>	<a href="http://www.lwtech.edu">www.lwtech.edu</a>	425-739-8204
<b>Shoreline Community College</b>	<a href="http://www.shoreline.edu">www.shoreline.edu</a>	206-546-5823
<b>Skagit Valley College</b>	<a href="http://www.skagit.edu">www.skagit.edu</a>	360-416-7818
<b>Think College</b> Provides college options for individuals with intellectual disabilities.	<a href="http://www.thinkcollege.net">www.thinkcollege.net</a>	
<b>UW Bothell Campus</b>	<a href="http://www.uwb.edu">www.uwb.edu</a>	425-352-5307

## Community Education Resources

<b>Autism Safety Project</b> Information for first responders, safety in home and community	<a href="http://www.autismspeaks.org/family-services/autism-safety-project">www.autismspeaks.org/family-services/autism-safety-project</a>
<b>Brookes Publishing</b> Publishes books, curriculums and screening tools for individuals with developmental disabilities.	<a href="http://www.brookespublishing.com">www.brookespublishing.com</a>
<b>Disability Scoop</b> News about developmental disabilities.	<a href="http://www.disabilityscoop.com">www.disabilityscoop.com</a>
<b>Disability.Gov</b> Disability programs, services, laws, benefits.	<a href="http://www.disability.gov">www.disability.gov</a>
<b>Inclusion</b> Includes a variety of resources on inclusion.	<a href="http://www.inclusion.com">www.inclusion.com</a>
<b>Informing Families</b> Provides information on changes in the DDA system.	<a href="http://www.informingfamilies.org">www.informingfamilies.org</a>
<b>Jameson Lending Library</b> Variety of videos, training materials and books available.	<a href="http://www.arcsno.org">www.arcsno.org</a>
<b>Kids Included Together (KIT)</b> Promotes inclusion of all children.	<a href="http://www.kitonline.org">www.kitonline.org</a>
<b>Program Development Associates</b>	<a href="http://www.disabilitytraining.com">www.disabilitytraining.com</a>
<b>Quality Mall</b> Free information about person-centered supports for people with DD.	<a href="http://www.qualitymall.org">www.qualitymall.org</a>
<b>Sprout Film Festival</b> Includes a variety of disability related films.	<a href="http://www.sproutflix.org">www.sproutflix.org</a>

# FAMILY & PARENT RESOURCES

## Early Intervention

**Early Childhood Education and Assistance Program (ECEAP)** The Early Childhood Education and Assistance Program (ECEAP) is a FREE preschool program serving low-income children and families, providing quality educational experiences that cultivate the potential of the whole child, and by providing access to health, nutrition and family supports.

<http://snohomishcountywa.gov/1864/Early-Learning>

425-388-7268

**Early Head Start/Head Start** A program for families on a limited income with children from birth to five years old. Head Start partners with families to promote the growth and development of infants and toddlers, resulting in school readiness prior to entry into Kindergarten.

**North County Early Head Start** (prenatal to three only)

<http://snohomishcountywa.gov/1864/Early-Learning>

**South Central County Early Head Start/Head Start** (prenatal to five)

[www.edcc.edu/birthtofive](http://www.edcc.edu/birthtofive)

NORTH COUNTY

425-388-6439

SOUTH CENTRAL COUNTY

425-712-9000

**Family Interagency Coordinating Council (FICC)** A partnership between parents, families, school staff and providers of children ages birth to six with or at risk of delay or disability.

[www.snohomishcountywa.gov/dd](http://www.snohomishcountywa.gov/dd)

425-388-7402

**Nurse-Family Partnership** A FREE program for women who are pregnant with their first child and meet income requirements. A registered nurse will visit you in your home throughout your pregnancy and continue to visit until your baby is 2 years old.

425-775-6070

**Parent to Parent** Matches new parent's with parent mentors and provides trainings, workshops and support groups. The Arc of Snohomish County.

[www.arcsno.org](http://www.arcsno.org)

425-258-2459

**Snohomish County Early Intervention Program** Provides support to children ages birth to three who have or are at high-risk of a delay. Provides Family Resource Coordination to assist families in accessing, coordinating and funding early intervention services.

[www.snohomishcountywa.gov/dd](http://www.snohomishcountywa.gov/dd)

425-388-7402

800-927-9308

**Washington Sensory Disabilities Services** Provides information, training, technical assistance and resources to families and educators (statewide) for individuals age birth-to-twenty one with sensory disabilities, including individuals who are deaf, hard of hearing, blind, visually impaired or deaf-blind.

[www.wsdsonline.org](http://www.wsdsonline.org)

800-572-7000

**Washington State Department of Early Support for Infants and Toddlers (ESIT)** Provides early intervention services for children age birth to age three with developmental delays or disabilities.

[www.del.wa.gov/development/esit](http://www.del.wa.gov/development/esit)

360-725-3500





# FAMILY & PARENT RESOURCES

## Resources and Support

<b>Acclaimed Photography</b> Full-service photography studio specializing in serving children with special needs. <a href="http://www.AcclaimedPhoto.com">www.AcclaimedPhoto.com</a>	206-228-2442
<b>Adult Protective Services</b> Investigates allegations of abandonment, abuse (physical, mental, sexual), financial exploitation, and neglect of vulnerable adults.	866-221-4909
<b>Aptitude Habilitation Services TriCare Autism Demonstration Project</b> Provides support to military families who have a child w Autism. <a href="http://www.aptitudeservices.com">www.aptitudeservices.com</a>	360-293-6027 800-991-6070
<b>Arc of Snohomish County</b> Provides information, education and support to people with developmental disabilities and their families. <a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Arc of Washington State</b> Provides advocacy and support to people with developmental disabilities and their families. <a href="http://www.arcwa.org">www.arcwa.org</a>	360-357-5596 888-754-8798
<b>Aspergers Parent Group South Snohomish County</b> Meets monthly at the Family Center in Lynnwood. Free. Guest speakers featured.	425- 670-8984
<b>Autietots</b> A family run website that includes autism friendly business reviews from families in the Pacific Northwest. <a href="http://www.autietots.com">www.autietots.com</a>	
<b>Autism Awareness Project Department of Health</b> Statewide info on local services and supports for individuals with autism. <a href="http://www.doh.wa.gov">www.doh.wa.gov</a> Search Autism	
<b>Autism Center at University of Washington</b> Intervention services include social skills groups, professional training, diagnostic evaluations and program consultation for children (up to age18). <a href="http://depts.washington.edu/uwautism">http://depts.washington.edu/uwautism</a>	206-221-6806
<b>Autism Now</b> Provides national Autism resources. <a href="http://www.autismnow.org">www.autismnow.org</a>	855-828-8476
<b>Autism Outreach &amp; Lending Library</b> Information, referrals and training on program development for student's , schools and agencies. FREE lending library with over 1000 books, videos and DVDs (also in Korean & Spanish). <a href="http://www.nwesd.org/autism">www.nwesd.org/autism</a>	888-704-9633
<b>Autism Society of Washington</b> Advocacy, public awareness, education and research related to autism. Calendar of events. <a href="http://www.autismsocietyofwa.org">www.autismsocietyofwa.org</a>	888-279-4968
<b>Autism Speaks</b> National and local resources <a href="http://www.autismspeaks.org">www.autismspeaks.org</a>	
<b>Bridge Ministries</b> Supports individuals with disabilities. Services include one-on-one assessment, chaplain visits, medical equipment, etc. <a href="http://www.bridgemin.org">www.bridgemin.org</a>	425-885-1006
<b>Camp Prime Time</b> Provides families with children who are seriously ill or disabled with outdoor wilderness experience where families can enjoy themselves (without financial burden) in a supportive atmosphere. <a href="http://www.campprimetime.org">www.campprimetime.org</a>	509-248-2854
<b>Center for Children with Special Needs</b> Provides information to families and professionals focusing on children who have chronic physical, developmental, behavioral or emotional conditions. <a href="http://www.cshcn.org">www.cshcn.org</a>	206-884-5735 866-987-2500

# FAMILY & PARENT RESOURCES

<b>Child Care Aware of Washington</b> Our trained staff can create a free, customized list of licensed child care programs that meet your child care needs. We offer services in all languages. <a href="http://www.wa.childcareaware.org">www.wa.childcareaware.org</a>	<b>800-446-1114</b>
<b>Child Care Resource and Referral</b> Volunteers of America provides information on parenting classes, childcare and play and support groups. <a href="http://www.voaww.org">www.voaww.org</a>	<b>425-259-2973</b> <b>800-633-3183</b>
<b>Child Welfare Family Reconciliation Services</b> Prevention of out of home placements and preservation of families and support services. Contact Children's Administration (DSHS) for families with children under 18 in Snohomish County.	<b>800-829-2153</b> After hours <b>800-562-5624</b>
<b>Children with Special Health Care Needs (CSHCN)</b> Information/resources for families of children who have serious physical, behavioral or emotional conditions requiring additional supports and services. <a href="http://www.snohd.org">www.snohd.org</a>	Snohomish County <b>425-339-8652</b>
<b>Children's Medicaid Personal Care Services</b> Provides an assessment for in home care for children under the age of 18 (with medical coupon).	<b>425-339-1968</b> <b>425-258-4213</b>
<b>Community Information Line</b> Community resources, emergency and transitional housing, homeless prevention, food banks and general resources. Call <b>211</b>	<b>425-258-4227</b> <b>800-223-8145</b>
<b>Department of Services for the Blind</b> Helps individuals' with visual disabilities gain necessary skills and access opportunities to reach the employment goals of their choice. Statewide services for all ages of individuals experiencing blindness/low vision. Focuses on independent living through providing orientation, training and mobility and support to families. <a href="http://www.dsb.wa.gov">www.dsb.wa.gov</a>	<b>800-522-7103</b>
<b>Developmental Disabilities Administration (DDA)</b> Assists individuals with developmental disabilities and their families to obtain services/supports based on individual preference, capabilities and needs. DDA serves individuals of <b>ALL AGES</b> using state/federal funds to provide or purchase supports/services for eligible persons and their families. Limited resources/services. If you are DDA eligible and currently not receiving any paid services but need additional support call 1-800-567-5582 and inform staff about unmet needs. <a href="http://www.dshs.wa.gov/dda">www.dshs.wa.gov/dda</a>	No Paid Services <b>800-567-5582</b>  <b>425-339-4833</b> <b>800-788-2053</b>
<b>Down Syndrome Association of Snohomish County</b> Provides information and support to families in Snohomish County. <a href="http://www.dsasc.org">www.dsasc.org</a>	<b>425-263-1039</b>
<b>Eagle Wings disAbility Ministries</b> Offers visits, "circles of friends", Sunday evening celebrations, phone support, awareness seminars, resource referral, community-based chaplain services and the Eagle Card. <a href="http://www.eaglewingsministries.org">www.eaglewingsministries.org</a>	<b>360-658-6093</b>
<b>Easter Seals Society of WA</b> Provides training, information and direct service.	<b>206-281-5700</b>
<b>Exceptional Family Member Program</b> Provides information, referrals, education and counseling for family members of active military duty. <a href="http://www.navylifepnw.com">www.navylifepnw.com</a>	<b>866-854-0638</b>
<b>Families For Effective Autism Treatment of WA (FEAT)</b> Provides information, resources, training and supports to help individuals with autism reach their full potential. <a href="http://www.featwa.org">www.featwa.org</a>	<b>425-223-5126</b>

# FAMILY & PARENT RESOURCES

<b>Family Health Hotline</b> Provides information on local and state resources including health care coverage, specialty services, and recreational opportunities to children with special health care needs. <a href="http://parenthelp123.org">http://parenthelp123.org</a>	800-322-2588
<b>Family Helpline</b> Provides information and resources on parenting, child development and positive discipline to parents and caregivers. <a href="http://www.parenttrust.org">www.parenttrust.org</a>	800-932-4673
<b>Family Support Centers of Snohomish County</b> Offers a variety of activities, playgroups, resource libraries, volunteer opportunities, classes and events.	
<b>Darrington Family Support and Resource Center</b>	360-436-0308
<b>Familias Unidas Hispanic Family Support Center</b>	425-513-2880
<b>Lake Stevens Family Center</b>	425-397-7433
<b>Granite Falls Family Center</b>	360-386-9282
<b>Northshore Family Center</b>	425-205-2004
<b>Sky Valley Community Resource Center</b>	360-793-2400
<b>South Everett Neighborhood Center</b>	425-355-6005
<b>Stanwood Camano Community Resource Center</b>	360-629-5257
<b>The Family Center - Serving South Snohomish County</b>	425-670-8984
<b>Fathers Network</b> Support for fathers who have a child(ren) with disabilities. <a href="http://www.arcsno.org">www.arcsno.org</a> or <a href="http://www.fathersnetwork.org">www.fathersnetwork.org</a>	425-258-2459
<b>Fetal Alcohol Syndrome</b> An alliance of families and professionals supporting individuals with FAS. <a href="http://www.nofas.org">www.nofas.org</a>	800-999-3429
<b>Informing Families</b> A website and email list providing up-to-date information on changes in the DDA delivery system. <a href="http://www.informingfamilies.org">www.informingfamilies.org</a>	
<b>Kinship Caregiver Liaison for Snohomish County</b> For grandparents and relatives facing the challenge of raising a relative's child(ren).	425-670-8984
<b>Life Span</b> Supports Washington State families to develop safe, secure and quality futures for their relatives with disabilities. <a href="http://www.lifespan-wa.org">www.lifespan-wa.org</a>	425-883-9867
<b>Mothers Network</b> Support group for mothers of children with special needs. The Arc of Snohomish County. <a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>National Alliance on Mental Illness (NAMI)</b> Provides advocacy, information and support for individuals with mental illness and their families. <a href="http://www.namiwa.org">www.namiwa.org</a>	206-783-4288
<b>Navy Region Northwest School Liaison Officer</b> A central point of contact for school related matters between Navy Region Northwest, military families and local school systems.	425-304-3688
<b>Northwest Special Families</b> Serving children with Special Needs and their families. Located in Bothell, WA. <a href="http://www.northwestspecialfamilies.org">www.northwestspecialfamilies.org</a>	
<b>Parent/Family Coalition of Snohomish County</b> Provides resources to help individuals and families understand the service delivery system and opportunities to become involved with elected officials and others in advocating for positive changes in services for individuals with disabilities. <a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459

# FAMILY & PARENT RESOURCES

<b>Parent to Parent</b> Matches parent's in a one-one relationship with trained, experienced parents, based on similar diagnosis and family issues. Provides information and referral, workshops, training and support.	<a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Parent to Parent of Washington State</b>	<a href="http://www.arcwa.org/parent_to_parent.htm">www.arcwa.org/parent_to_parent.htm</a>	800-821-5927
<b>Planned Parenthood</b> Information and education on family planning and women's health care services. Website has resources specific to individuals with intellectual disabilities.	<a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	425-339-3389
<b>Puget Sound Autism Services</b> LLC, Glenna Clouse, Provides counseling, consultation, social skills groups and training for individuals, families, schools and community groups for autism spectrum disorders.	<a href="http://www.psautism.com">www.psautism.com</a>	206-617-2131
<b>Puget Sound Psychology &amp; Consulting</b> Provides diagnosis and assessment, counseling, consultation, social skills groups and training for children and adults on autism spectrum and their families.	<a href="http://www.pugetsoundpsychology.com">www.pugetsoundpsychology.com</a>	206-883-6175
<b>Resources for Spanish Speaking Clients</b>	Northshore Family Center (Bothell) Iglesias Sante Fe (Monroe) Familias Unidas (Latino Resource Referral)	425-205-2004 360-805-8181 425-513-2880
<b>Rite Care of Washington</b> Serves young children with severe speech and language delays. Provides educational and training opportunities for parents at no cost.	<a href="http://ritecarewa.org/">http://ritecarewa.org/</a>	206-324-6293
<b>Senior Services of Snohomish County</b> Provides information and referral to social service programs to seniors and individuals with disabilities.	<a href="http://www.sssc.org">www.sssc.org</a>	425-290-1262
<b>Sib Shops</b> Opportunities for brothers/sisters of children with developmental disabilities to connect with peers, to share their experiences and participate in fun activities with other siblings.	<a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Special Education Mediation</b> Sound Options provides mediation between families (with children ages 0-21 years-of-age) and school districts to help resolve IFSP or IEP impasses.	<a href="http://www.somtg.com">www.somtg.com</a>	800-692-2540 206-842-2298
<b>University Center for Excellence in Developmental Disabilities</b> Provides technical assistance, outreach, clinical services, training and information for individuals with developmental disabilities.	<a href="http://www.depts.washington.edu/chdd/ucedd.html">www.depts.washington.edu/chdd/ucedd.html</a>	
<b>WA State Hands and Voices</b> Dedicated to supporting families with children who are deaf, deaf-blind, or hard of hearing.	<a href="http://www.wahandsandvoices.org">www.wahandsandvoices.org</a>	425-268-7087
<b>Washington Connection</b> Offers you a way to find and apply for a variety of services on line.	<a href="https://www.washingtonconnection.org/home">https://www.washingtonconnection.org/home</a>	
<b>YWCA Pathways for Women</b> Provides support for women in need to address multiple challenges and move toward independence, self-sufficiency, safety and dignity for themselves and their families.	<a href="https://ywcaworks.org">https://ywcaworks.org</a>	425-774-9843



# FINANCIAL

## Employment Assistance

<b>Department of Services for the Blind</b> Helps individuals' who are blind or visually impaired gain the necessary skills and access opportunities to reach the employment goals of their choice. <a href="http://www.dsb.wa.gov">www.dsb.wa.gov</a>	<b>800-552-7103</b>
<b>Division of Vocational Rehabilitation (DVR)</b> Assists people with disabilities prepare for, obtain and retain employment. Vocational rehabilitation programs are custom-designed for each individual. <a href="http://www.dshs.wa.gov/dvr">www.dshs.wa.gov/dvr</a>	Everett <b>425-339-4880</b> Lynnwood <b>425-673-3180</b>
<b>Goodwill Job Training and Education</b> Provides job training and education programs and support and assistance in finding a job. <a href="http://www.seattlegoodwill.org">www.seattlegoodwill.org</a>	<b>425-267-9718</b> <b>360-657-4418</b>
<b>Job Accommodation Network</b> Provides free, expert, and confidential guidance on workplace accommodations and disability employment issues. Works toward practical solutions that benefit both employer and employee. <a href="http://askjan.org">http://askjan.org</a>	<b>800-526-7234</b>
<b>Job Corps</b> Free education and vocational training program to help young people ages 16 - 24 obtain a better paying job. <a href="http://www.jobcorps.doleta.gov">www.jobcorps.doleta.gov</a>	<b>800-733-5627</b>
<b>Office of Disability Employment Policy</b> Provides national leadership by developing and influencing disability employment related policies. <a href="http://www.dol.gov/odep">www.dol.gov/odep</a>	
<b>Pathways to Employment</b> A website that helps Washingtonians with a disability make informed decisions about going to work. <a href="http://www.pathways.dshs.wa.gov">www.pathways.dshs.wa.gov</a>	
<b>Plan to Work</b> Serves people 14-65 years old who are receiving disability benefits from Social Security Administration (SSA) and want to work. <a href="http://www.plantowork.org">www.plantowork.org</a>	<b>866-497-9443</b>
<b>Snohomish County Career Path Services</b> Supports individuals with developmental disabilities pursue and/or maintain community employment. Contact DD case manager for a referral. Guide available at: <a href="http://www.snohomishcountywa.gov/dd">www.snohomishcountywa.gov/dd</a>	<b>425-339-4833</b>
<b>Washington State Business Leadership Network</b> Educates/supports businesses recruit, hire, retain, promote and improve customer service for people with disabilities. <a href="http://www.wsbln.org">www.wsbln.org</a>	<b>206-427-7675</b>
<b>Work Source</b> Provides information and classes to assist individuals in obtaining employment. <a href="http://www.worksourceonline.com">www.worksourceonline.com</a>	<b>425-258-6300</b> <b>425-673-3300</b>

## Financial Planning

<b>DD Life Opportunities Foundation</b> Promotes and expands access to the low-cost special needs trust accounts in the DD Life Opportunities Trust. <a href="http://www.ddlof.org">www.ddlof.org</a>	
<b>DD Life Opportunities Trust</b> Enables individuals with DD and their families to open a low cost special needs trust to set aside money and build assets for the future without compromising the individual's eligibility for public services. <a href="http://www.ddlot.org">www.ddlot.org</a>	<b>360-705-9514</b> <b>888-754-8798</b> Ext. 106
<b>Protected Tomorrows of Seattle</b> Provides people with special needs comprehensive life planning. <a href="http://www.protectedtomorrows.com">www.protectedtomorrows.com</a>	<b>425-828-7540</b>

# FINANCIAL

## Financial Assistance

<b>Cell phones</b> available for low income:	<a href="http://www.safelinkwireless.com">www.safelinkwireless.com</a> <a href="http://www.freegovernmentcellphones.net">www.freegovernmentcellphones.net</a>	
<b>Community Service Office (CSO)</b> Provides eligibility determination for services for individuals who are applying for financial, Medicaid, food stamp assistance or childcare. This can also be completed online.	<a href="http://www.dshs.wa.gov/onlinecso">www.dshs.wa.gov/onlinecso</a>	<b>877-501-2233</b>
<b>DSHS Trial Eligibility Calculator</b> DSHS assistance programs that may be available based on family's income and resources.	<a href="http://www.dshs.wa.gov/esa/TEC">www.dshs.wa.gov/esa/TEC</a>	
<b>Social Security Administration</b> Federal agency offers financial assistance for people with disabilities to achieve independence. Persons under 18 considered based on disability and parents' income; over age 18 considered based on individual income, resources and disability determination. Includes Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) programs.	<a href="http://www.ssa.gov">www.ssa.gov</a>	General No. <b>800-772-1213</b> Everett <b>866-563-4595</b> Lynnwood <b>877-575-5197</b>
<b>Social Security Benefit Eligibility Screening Tool for SSI and SSDI</b> A web-based tool to help determine an applicant's eligibility for benefits.	<a href="http://www.ssa.gov/best">www.ssa.gov/best</a>	
<b>Social Security Benefits Assistance</b> Assists individuals with developmental disabilities to navigate the Social Security system, learn about Work Incentives and benefit related questions. Contact your DDA case manager for a referral.		<b>425-339-4833</b>
<b>Volunteers of America (VOA) Family Support</b> Helps families and individuals with emergency needs (clothing, furniture, medications, eyeglasses) as funding allows.		<b>425-259-3192</b>
<b>Washington Home of Your Own</b> Non-profit organization approved by Social Security Administration to provide Representative Payee services to Social Security and SSI beneficiaries.	<a href="http://www.sunrisecommunityliving.com">www.sunrisecommunityliving.com</a>	<b>425-212-4230</b> <b>877-447-4082</b>
<b>Women, Infants and Children (WIC)</b> A nutrition program to assist pregnant women, mothers and young children.	<a href="http://www.snohd.org/Children-Family/WIC-Nutrition">www.snohd.org/Children-Family/WIC-Nutrition</a>	<b>425-252-5303</b> <b>425-258-8400</b>

## Energy Assistance

<b>Electricity</b> Annual PUD discounts are available for low income customers.		<b>425-783-1000</b>
<b>Energy Assistance Program</b> Provides one-time per heating season assistance in paying heat bills.	<a href="http://snohomishcountywa.gov/552/Energy-Assistance">http://snohomishcountywa.gov/552/Energy-Assistance</a>	<b>425-388-3880</b>
<b>Project Pride</b> Helps individuals pay a portion of Snohomish County PUD electric bills.	<a href="http://snohomishcounty.redcross.org">http://snohomishcounty.redcross.org</a> Search PUD Assistance	<b>425-740-2333</b>
<b>Weatherization Program</b> Year round, home energy conservation assistance.	<a href="http://snohomishcountywa.gov/2004/Weatherization-Energy-Assistance-OWEA">http://snohomishcountywa.gov/2004/Weatherization-Energy-Assistance-OWEA</a>	<b>425-388-7205</b>

# HEALTH CARE/ MEDICAL SERVICES

## Health Insurance

<b>Benefits Checkup</b> Contains benefit screening tools.	<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	
<b>Healthcare for Workers with Disabilities (HWD)</b> Medicaid buy-in program for employed individuals with disabilities. Employees pay small monthly fee (premium) based on income.	<a href="http://www.dshs.wa.gov/onlinecso/hwd.shtml">www.dshs.wa.gov/onlinecso/hwd.shtml</a>	206-272-2169 800-871-9275
<b>SHIBA</b> (Statewide Health Insurance Benefits Advisors) Addresses questions, concerns, and complaints related to health insurance.	<a href="http://www.insurance.wa.gov">www.insurance.wa.gov</a>	425-290-1276 800-562-6900
<b>Washington Apple Health (Medicaid)</b> Provides health care for individuals with low income; includes youth, families and prescription drugs.	<a href="http://www.hca.wa.gov">www.hca.wa.gov</a>	800-562-3022
<b>Washington Health Benefit Exchange</b> Provides an overview of affordable health care.	<a href="http://www.wahbexchange.org">www.wahbexchange.org</a>	
<b>Washington Health Plan Finder</b> Compare and enroll in quality health insurance plans and access important cost savings.	<a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a>	855-923-4633 TTY 855-627-6904
<b>Whatcom Alliance for Health Advancement</b> Helps individuals in Snohomish, Whatcom and Island County to apply for and navigate health care plans.	<a href="http://www.whatcomalliance.org">www.whatcomalliance.org</a>	425-339-8635

## Medical Support

<b>Adolescent Health Transition Project</b> Provides information to assist with transition to adult health care services.	<a href="http://www.depts.Washington.edu/healthtr">www.depts.Washington.edu/healthtr</a>	206-685-1358
<b>Alcohol/Drug 24-Hour Helpline</b>	<a href="http://www.adhl.org">www.adhl.org</a>	800-562-1240
<b>Center on Human Development &amp; Disabilities (CHDD)</b> Provides on-site clinical service programs for children, with or at risk for developmental learning, and behavioral concerns.	<a href="http://www.depts.washington.edu/chdd">www.depts.washington.edu/chdd</a>	206-543-7701
<b>Challenged America Foundation</b> Assists children with physical challenges to receive medical attention, rehabilitation therapy and assistive devices they would not be able to obtain otherwise.	<a href="http://www.challengedamerica.com">www.challengedamerica.com</a>	818-907-6966 ext. 117
<b>Children with Special Health Care Needs</b> Provides information and resources to families for home visit programs, parenting, child health services and nurse/family partnerships.	<a href="http://www.snohd.org/Children-Family/-Special-Needs-Children">www.snohd.org/Children-Family/-Special-Needs-Children</a>	425-339-8652
<b>Citrine Health</b> Connects women and their families to services that improve the quality of their health, including health screenings, insurance, and food programs. Provides breast, cervical and colon health screening for uninsured people between 40 and 60 years of age.	<a href="http://www.citrinehealth.org">www.citrinehealth.org</a>	425-259-9899 888-651-8931
<b>Dental Care for Individuals with Disabilities (DECOD)</b> University of Washington's School of Dentistry's helps to locate dental resources for persons with disabilities.	<a href="http://dental.washington.edu/oral-medicine/patient-care/decod-clinic">http://dental.washington.edu/oral-medicine/patient-care/decod-clinic</a>	206-543-4619

# HEALTH CARE/ MEDICAL SERVICES

<b>Directory of Dentists</b> A partial listing of dentists who treat patients with developmental or special needs. <a href="http://www.wsda.org/special-needs-directory">www.wsda.org/special-needs-directory</a>	
<b>Elks Therapy Program</b> Provides free in-home occupational and physical therapy for children aged birth-to-21. <a href="http://www.tallelks.org">www.tallelks.org</a>	800-825-3557
<b>Epilepsy Foundation Northwest</b> Programs and services for individuals with epilepsy and their family members. <a href="http://www.epilepsyfoundation.org">www.epilepsyfoundation.org</a> or <a href="http://www.epilepsynw.org">www.epilepsynw.org</a>	800-752-3509
<b>Family Health Hotline</b> Provides local/state resource information for healthcare coverage, specialty services and recreational opportunities for children with special health care needs. <a href="http://parenthelp123.org">http://parenthelp123.org</a>	800-322-2588
<b>Fetal Alcohol Syndrome Diagnostic Clinic- Everett</b>	425-258-7444
<b>Handle Institute</b> Provides non-drug evaluation and treatment for individuals with neurodevelopment disorders. <a href="http://www.handle.org">www.handle.org</a>	206-204-6000
<b>Lifeline Medical Alert Services (Providence)</b> Emergency response system	425-261-4828
<b>Medicaid Personal Care Services DSHS</b> Provides in-home assistance to individuals who receive Medicaid and need assistance with personal care. Call your DDA case manager. (or Home and Community Services DSHS if not DDA eligible)	425-339-4833 800-788-2053
<b>MS Helping Hands Donation Closet</b> Provides new and recycled medical and mobility equipment. <a href="http://www.mshelp.org">www.mshelp.org</a>	425-712-1807
<b>National Organization for Rare Disorders (NORD)</b> <a href="http://www.rarediseases.org">www.rarediseases.org</a>	203-744-0100
<b>Poison Information Hotline</b>	800-222-1222
<b>Providence Children's Center</b> Neuro-developmental center for children birth-to-14, providing OT, PT, speech, nutrition and counseling. Accepts Medicaid.	425-258-7311
<b>Providence Hospice and Home Care of Snohomish Co.</b> Provides health care and comfort to people of all ages facing a life threatening or challenging illness.	425-261-4800
<b>SeaMar</b> Serves low income individuals with comprehensive medical, dental and social services. Provides health education, maternity support services and inpatient substance abuse treatment. Specializes in services to Latinos. <a href="http://www.seamar.org">www.seamar.org</a>	425-347-5415 360-657-3091
<b>Seattle Children's Hospital</b> Children's Resource Line. <a href="http://www.seattlechildrens.org">www.seattlechildrens.org</a>	866-987-2000
<b>Shield Health Care</b> Provides disposable medical supplies for incontinence (adult and pediatric), external nutrition, ostomy, and urological supplies. Provides free home delivery, language services, and home evaluations. Accepts Medicare, Medicaid and some private insurance. <a href="http://www.shieldhealthcare.com">www.shieldhealthcare.com</a>	800-765-8775
<b>Snohomish County Early Intervention Program</b> Provides services and support to children birth-to-3 with or at high-risk of a delay. Assists families in accessing, coordinating and funding services. <a href="http://www.snohomishcountywa.gov/dd">www.snohomishcountywa.gov/dd</a>	425-388-7402 800-927-9308
<b>Snohomish County Health District</b> Immunizations, sexually transmitted diseases, diagnoses, nutrition, maternal/child health care, family planning, food safety, disease/injury prevention and promotes access to health care. <a href="http://www.snohd.org">www.snohd.org</a>	Everett 425-339-5220 Lynnwood 425-775-3522



# HEALTH CARE/ MEDICAL SERVICES

<b>Starlight Children's Foundation</b> Serves seriously ill children. <a href="http://www.starlight.org">www.starlight.org</a>	425-861-7827
<b>Washington Association of Community and Migrant Health Centers</b> Advocates for low-income, uninsured and underserved Washington State residents served by community health centers. <a href="http://www.wacmhc.org">www.wacmhc.org</a>	425-656-0848
<b>Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network</b> <a href="http://www.fasdpn.org">www.fasdpn.org</a>	206-685-9888
<b>Washington State Medical Home Website</b> Designed to support youth and families to partner with health care providers, understand health conditions and make informed health care decisions. Includes practical and current tools, strategies and information designed to help Washington State physicians and health care providers care for children and youth with special health care needs. <a href="http://www.medicalhome.org">www.medicalhome.org</a>	206-685-1279
<b>Within Reach</b> Private nonprofit organization working to ensure optimal health for all Washington families by connecting them to resources. <a href="http://www.withinreachwa.org">www.withinreachwa.org</a>	206-284-2465 800-322-2588
<b>Women Infant and Children (WIC) Program</b> Nutrition program to help pregnant women, new mothers and young children. Provides nutrition education, supplemental foods, breastfeeding promotion/support and referrals to health care and social services. <a href="http://www.snohd.org/Children-Family/WIC-Nutrition">www.snohd.org/Children-Family/WIC-Nutrition</a>	Everett 425-252-5303 Lynnwood 425-258-8400
<b>Mental Health</b>	
<b>APN Access Line</b> Schedules mental health appointments if Medicaid eligible.	888-693-7200
<b>Compass Health</b> Provides full continuum of outpatient/inpatient behavioral health care for individuals of all ages. <a href="http://www.compasshealth.org">www.compasshealth.org</a>	425-212-3900 888-693-7200
<b>Crisis Intervention Services (24-Hour Intervention)</b> Information, referral and intervention services for adults/children in mental health crisis.	425-258-4357 800-584-3578
<b>Division of Behavioral Health and Recovery</b> Contracts with Regional Support Networks (RSN) to administer community mental health programs for Medicaid Eligible persons. <a href="http://www.dshs.wa.gov/dbhr">www.dshs.wa.gov/dbhr</a>	24 hour crisis counseling and referral 866-789-1511
<b>Mental Health Assistance</b> Provides children's mental health services information.	425-388-7346
<b>Mental Health Counseling Services</b> Provides therapy, case management and services for children and adults. Compass Health accepts Medicaid, medical insurance and sliding scale for payment.	425-212-3900 888-693-7200
<b>Partnership Access Line</b> Provides a telephone based child mental health consultation that gives the caller access to pediatricians from Seattle Children's Hospital.	866-599-PALS 866-599-7257
<b>SeaMar Community Health Center Behavioral Health Department</b> Provides outpatient services in Everett, Lynnwood and Monroe. <a href="http://www.seamar.org">www.seamar.org</a>	206-766-6976

# HOUSING & LIVING INFORMATION

## Resources to Obtain Affordable Housing

<b>Apartment Finder</b> Website for affordable, accessible apartments. <a href="http://www.aptfinder.org">www.aptfinder.org</a>	
<b>Arc of Snohomish County</b> Provides information and support to individuals with developmental disabilities. <a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Catholic Community Services</b> Provides support services. <a href="http://www.ccsww.org">www.ccsww.org</a>	425-257-2111
<b>Developmental Disabilities Administration (DDA)</b> Provides information on housing options and supports. Connects individuals to Adult Family Homes and other residential supports based on eligibility and available funding. <a href="http://www.dshs.wa.gov/ddd">www.dshs.wa.gov/ddd</a>	
<b>Adult Family Homes (AFH)</b> Licensed by the State. AFH provide room and board and assistance with personal care based on State assessment.	
<b>Supported Living Services</b> DDA Residential Program, <i>eligibility criteria varies and funding is limited</i> . Provides instruction and support to persons living in their own homes within the community. Supports may vary from a few hours a month, to 24 hours a day. Clients pay for rent, food and other personal expenses. DDA contracts with private agencies to provide services.	425-339-4833
<b>Everett Housing Authority (EHA)</b> Provides rent subsidies and public housing in Everett and Snohomish County for persons who meet program eligibility requirements. Request a current list of subsidized/affordable housing. <a href="http://www.evha.org">www.evha.org</a>	425-258-9222
<b>Housing Authority of Snohomish County (HASCO)</b> Provides rent subsidies and public housing for persons who meet eligibility requirements and live in Snohomish County. Request a current list of subsidized and affordable housing. <a href="http://www.hasco.org">www.hasco.org</a>	425-290-8499
<b>Housing Hope</b> Supports families transitioning from emergency shelters, transitional housing, and permanent housing. Provides services to homeless, pregnant, and parenting teens. <a href="http://www.housinghope.org">www.housinghope.org</a>	425-347-6556
<b>Housing Search Northwest</b> A FREE service to list and find housing across the State of Washington. <a href="http://www.housingsearchNW.org">www.housingsearchNW.org</a>	877-428-8844
<b>Northwest Indian Housing Association (NWIHA)</b> Provides information and referral to affordable housing and financial resources for NW tribal members. <a href="http://www.nwiha.org">www.nwiha.org</a>	206-526-8630
<b>Partners 4Housing</b> Collaborates with families to discover housing opportunities and resources. <a href="http://www.partners4housing.com">www.partners4housing.com</a>	206-383-4209

## In Home Support

<b>Canine Companions for Independence (CCI)</b> Provides highly trained assistance dogs and ongoing support to ensure quality partnerships. <a href="http://www.cci.org">www.cci.org</a>	800-572-2275
<b>Community Information Line</b> Provides information on emergency/transitional housing, homeless prevention, food banks and general resources.	211 425-258-4227

# HOUSING & LIVING INFORMATION

<b>Dispute Resolution Center</b> Provides informational and mediation services for tenant landlord disputes, fair housing information and counseling.	<a href="http://www.voaww.org/drc">www.voaww.org/drc</a>	425-339-1335 800-280-4770
<b>Fair Housing Center of Washington</b> Assures equal access to housing, and related services and provides education, investigation, and enforcement of applicable laws.		253-274-9523 888-766-8800
<b>Home Care Quality Authority of Washington State</b> A registry referral system to locate in-home caregivers.	<a href="http://www.hcrr.wa.gov">www.hcrr.wa.gov</a>	425-212-4250 800-970-5456
<b>Meals on Wheels</b> Delivers meals to your home.		425-347-1229
<b>Medicaid Personal Care Services</b> Provides in-home personal care to Medicaid eligible participants.	<b>DDA</b> <b>HCS</b>	425-339-4833 425-339-4010
<b>Ramp Arts</b> Portable, temporary & permanent ramps.	<a href="http://www.ramparts-nw.com">www.ramparts-nw.com</a>	206-440-9999
<b>Rampathon</b> Builds free wheelchair ramps for low-income homeowners with disabilities in King and Snohomish Counties.	<a href="http://www.rampathon.org">www.rampathon.org</a>	425-451-7920 800-522-2209
<b>RAMP-Puget Sound Labor Agency</b> Provides access ramps allowing individuals to live in the home of their choice.		425-775-9742
<b>Volunteer Chore Service</b> Provides housework, yard work, laundry, and other home task assistance through a network of volunteers.	<a href="http://www.ccsww.org">www.ccsww.org</a>	425-374-6303
<b>Washington State Manufactured Housing</b> Provides limited relocation assistance.		800-964-0852
<b>Washington's Basic Food Program</b>	<a href="http://foodhelp.wa.gov">http://foodhelp.wa.gov</a>	877-501-2233

## Emergency Housing

<b>American Red Cross</b> Provides reliefs in disasters and prepare for emergencies.		425-252-4103
<b>Care Crisis Line (24-Hour)</b>		425-258-4357
<b>Cocoon House</b> Provides emergency shelter and critical services to homeless and at risk teens.	<a href="http://www.cocoonhouse.org">www.cocoonhouse.org</a>	425-259-5802
<b>Domestic Violence Services</b> Provides free and confidential services, emergency shelter, legal advocacy, support groups and education.	<a href="http://www.dvs-snoco.org">www.dvs-snoco.org</a>	24 Hr Crisis 425-252-2873 800-562-6025
<b>Everett Gospel Mission</b> Provides emergency shelter for men.		425-252-4776
<b>Friends of Youth</b> Provides housing to homeless teens ages 11 to 17.		425-388-2411
<b>Pathways for Women</b> Provides shelter, counseling services and employment readiness for homeless, single parent families.		425-774-9843
<b>Salvation Army</b> Provides emergency shelter and temporary financial assistance.		425-259-8129
<b>St. Vincent De Paul</b>		425-355-3504
<b>Volunteers of America (VOA)</b>		425-259-3191
<b>Women &amp; Children's Mission</b> Provides emergency shelter for women and children.		425-252-1206

# HOUSING & LIVING INFORMATION

## Home Ownership Resources

<b>Habitat for Humanity of Snohomish County</b> Sweat equity home construction for low income families. <a href="http://www.habitatsnohomish.org">www.habitatsnohomish.org</a>	425-258-6289
<b>Home Choice Program</b> Provides down payment assistance to low to moderate income individuals with disabilities (or families which include individuals with disabilities) seeking to own a home. <a href="http://www.wshfc.org/buyers/homechoice.htm">www.wshfc.org/buyers/homechoice.htm</a>	206-464-7139 800-767-4663
<b>Home Sight First Time Homebuyer Program</b> Provides purchase assistance to first-time low income homebuyers. Provides homebuyer education and financial counseling as part of the program. <a href="http://www.homesightwa.org">www.homesightwa.org</a>	206-723-4355 888-749-4664
<b>Housing Authority of Snohomish County (HASCO)</b> <a href="http://www.hasco.org">www.hasco.org</a>	425-290-8499
<b>Housing Hope Home Ownership Program</b> For first-time low income homebuyers. Homebuyers participate in the new construction of homes. Provides purchase assistance, homebuyer education/financial counseling. <a href="http://www.housinghope.org">www.housinghope.org</a>	425-347-6556
<b>Parkview Services</b> Provides purchase assistance, homebuyer education and financial counseling to first-time low income homebuyer. At least one person in household must have a disability. <a href="http://www.parkviewservices.org">www.parkviewservices.org</a>	206-542-6644

## Home Maintenance

<b>Community Housing Improvement Program (CHIP)</b> Provides low interest and deferred loans for rehabilitating single family homes in the City of Everett. Rental renovation loans are also available.	425-257-8735
<b>Minor Home Repair</b> Provides health and safety related repairs that homeowners who are elderly or disabled are not able to perform due to lack of funds or inability to physically perform repairs themselves. <a href="http://www.sssc.org">www.sssc.org</a>	425-265-2222
<b>Rehab &amp; Repair</b> Provides low interest loans for housing rehabilitation to low-income single family homeowners. <a href="http://www.hasco.org">www.hasco.org</a>	425-290-8499
<b>Snohomish County Assessor</b> Provides a property tax deferral or exemption program for individuals or families who own a home and cannot afford the property taxes. <a href="http://assessor.snoco.org/divisions/exemption.aspx">http://assessor.snoco.org/divisions/exemption.aspx</a>	
<b>USDA Rural Development</b> Provides grants and low interest loans for health or safety related repairs. Available to rural, low income homeowners.	360-428-4322
<b>Weatherization Related Minor Home Repairs</b> Provides minor home repairs as part of the weatherization of homes to income eligible homeowners.	425-388-7202



# INFORMATION/RESOURCE/REFERRAL

<b>Abuse Neglect</b> Investigates complaints of abuse, neglect or exploitation of vulnerable children and adults. Includes CPS and APS. If life threatening emergency, call 911.	866-ENDHARM 866-363-4276
<b>Access Washington</b> Search "disability". <a href="http://www.access.wa.gov">www.access.wa.gov</a>	
<b>Arc of Snohomish County</b> Provides information, education and support to individuals with developmental disabilities and their families. <a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Brain Injury Association of Washington</b> Provides information, referral services, educational materials, and presentations. <a href="http://www.braininjurywa.org">www.braininjurywa.org</a>	877-824-1766
<b>Care Crisis Line</b> (24-hour)	425-258-4357
<b>Center for Parent Information and Resources</b> Listing of statewide programs for families of children with special needs. <a href="http://www.parentcenterhub.org/">www.parentcenterhub.org/</a>	
<b>Community Information Line</b> Provides information on resources and services.	211
<b>Department of Social and Health Services for Washington State (DSHS)</b> Provides protection, comfort, food assistance, financial aid, medical care etc., to WA State children, families and vulnerable adults. <a href="http://www.dshs.wa.gov">www.dshs.wa.gov</a>	800-737-0617
<b>Developmental Disabilities Administration (DDA)</b> Serves individuals of <b>ALL AGES</b> using state and federal funds to provide or purchase support and services. Resources are limited and services may not always be available. <a href="http://www.dshs.wa.gov/dda">www.dshs.wa.gov/dda</a>	425-339-4833 800-788-2053
<b>Domestic Violence Services</b> Provides free and confidential services: emergency shelter, legal advocacy, support groups and education. <a href="http://www.dvs-snoco.org">www.dvs-snoco.org</a>	425-252-2873 800-562-6025
<b>Federal Emergency Management Agency (FEMA)</b> Search "Special Needs" to get various emergency preparedness resources. <a href="http://www.fema.gov">www.fema.gov</a>	
<b>Home and Community Services (HCS/DSHS)</b> Provides screening and assessment for in home care or adult family home or assistive living for individuals 18+ years old.	425-339-4010 425-673-3339
<b>Northwest ADA Center</b> Provides free confidential phone consultation and trainings regarding the Americans with Disabilities Act (ADA). <a href="http://www.nwadacenter.org">www.nwadacenter.org</a>	800-949-4232
<b>Office of Deaf and Hard of Hearing (ODHH)</b> Services for persons who are deaf, hard of hearing, deaf-blind, or hearing with a speech disab. <a href="http://www.dshs.wa.gov/odhh">www.dshs.wa.gov/odhh</a>	800-422-7930
<b>Providence Sexual Assault Center</b> 24 hour hotline.	425-252-4800
<b>Senior Services of Snohomish County</b> <a href="http://www.sssc.org">www.sssc.org</a>	425-355-1122
<b>Smart 911</b> A free service that allows citizens to create a Safety Profile for their household that includes any information they want 9-1-1 to have in the event of an emergency. <a href="http://www.smart911.com">www.smart911.com</a>	
<b>Snohomish County Developmental Disabilities (DD)</b> Provides variety of supports and resources to individuals with developmental disabilities and their families. <a href="http://www.snohomishcountywa.gov/dd">www.snohomishcountywa.gov/dd</a>	425-388-7208
<b>Snohomish County Developmental Disabilities Advisory Board</b> Provides an open forum for community input on public policy. Meets on the fourth Tuesday of the month, 4:00PM-5:30PM in Everett.	425-388-7208
<b>Washington State Tribal Directory</b> <a href="http://www.goia.wa.gov">www.goia.wa.gov</a>	



# LEGAL

<b>Child Care Law Center</b> A national organization that uses legal tools to make high quality, affordable child care available to all children. <a href="http://www.childcarelaw.org">www.childcarelaw.org</a>	
<b>CLEAR Hotline</b> Washington's toll-free, centralized intake, advice and referral service for low income people seeking free legal assistance with civil legal problems.	888-201-1014
<b>Columbia Legal Services</b> Protects and defends the legal and human rights of low income people. <a href="http://www.columbialegal.org">www.columbialegal.org</a>	800-260-6260
<b>DD Life Opportunities Foundation</b> Promotes and expands access to the low-cost special needs trust accounts in the DD Life Opportunities Trust <a href="http://www.dd.lof.org">www.dd.lof.org</a>	
<b>DD Life Opportunities Trust</b> Enables individuals with DD and their families to open a low cost special needs trust to set aside money and build assets for the future without compromising the individual's eligibility for public services. <a href="http://www.ddlot.org">www.ddlot.org</a>	360-705-9514 888-754-8798 Ext. 106
<b>Disability Rights of Washington (DRW)</b> Legal services for disability rights violations, general information about legal rights, community education and training. <a href="http://www.disabilityrightswa.org">www.disabilityrightswa.org</a>	206-324-1521 800-562-2702
<b>Dispute Resolution Center</b> Provides landlord tenant dispute mediation.	425-339-1335
<b>Guardianship</b> At age 18, all adults assume legal responsibility for their actions. There are different types of guardianships and not everyone needs a full or limited guardian. To learn more check out the following resources:	
<b><u>Disability Rights of Washington</u></b> Provides information on supported decision making, guardianship and protection of rights <a href="http://www.disabilityrightswa.org">www.disabilityrightswa.org</a>	800-562-2702
<b><u>Informing Families</u></b> An informational website for families that contains a video podcast on guardianship. <a href="http://www.informingfamilies.org">www.informingfamilies.org</a>	
<b><u>Mandatory Training for Guardians</u></b> This training is a new requirement for all guardians. <a href="http://www.courts.wa.gov/layguardiantraining">www.courts.wa.gov/layguardiantraining</a>	360-704-4081
<b><u>Snohomish County Superior Court</u></b> Provides information about reporting and guardianship paperwork. Guardianship paperwork can be purchased or downloaded from website. <a href="http://snohomishcountywa.gov/1424/Guardianships">http://snohomishcountywa.gov/1424/Guardianships</a>	425-388-3284
<b><u>The Arc of Snohomish County</u></b> Sponsors workshops and has guardianship packet of basic information and local resources. <a href="http://www.arcsno.org">www.arcsno.org</a>	425-258-2459
<b>Northwest Justice Project</b> Provides free civil legal assistance and representation to low-income people in situations affecting basic human needs. Free self-help materials available on website. <a href="http://www.nwjustice.org">www.nwjustice.org</a>	425-252-8515 800-201-1014
<b>Protection Order Programs</b> <a href="http://snohomishcountywa.gov/439/Protection-Orders">http://snohomishcountywa.gov/439/Protection-Orders</a>	425-388-3638
<b>Snohomish County Legal Services</b> Provides free legal aid program serving Snohomish County residents experiencing poverty. <a href="http://www.snocolegal.org">www.snocolegal.org</a>	425-258-9283
<b>Washington Law Help</b> Provides education, materials, tools and information for an array of legal issues, linking to programs and resources. Available in multiple languages. <a href="http://www.washingtonlawhelp.org">www.washingtonlawhelp.org</a>	

# RECREATION

## Recreational Opportunities

<b>AQUAEXCEL</b> Provides aquatic therapy, rehabilitation, adaptive swimming, and recreation opportunities for children and adults. <a href="http://www.aquaexcel.org">www.aquaexcel.org</a>	360-969-9178
<b>Boy Scouts Mount Baker Council</b> Helps develop leadership skills, learn new skills and provide community service. Mentoring from peers/ adults. <a href="http://www.mtbakerbsa.org">www.mtbakerbsa.org</a>	425-338-0380
<b>Boys and Girls Clubs</b> Provides after school, summer and recreational opportunities for youth. <a href="http://www.bgcsc.org">www.bgcsc.org</a>	425-258-2436
<b>Campfire</b> Provides small group, outdoor education and camping programs for youth. <a href="http://www.campfireusasnohomish.org">www.campfireusasnohomish.org</a>	Snohomish County 425-258-5437
<b>Coalition for Inclusive Communities</b> A group of individuals committed to promoting more inclusive recreation and leisure opportunities in Snohomish County.	425-388-7320
<b>Edmonds Parks and Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.edmondswa.gov">www.edmondswa.gov</a> (Services/Parks)	425-771-0230
<b>Everett Parks and Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.everettwa.org">www.everettwa.org</a>	425-257-8300
<b>Footloose Sailing Association</b> <a href="http://www.footloosesailing.org">www.footloosesailing.org</a>	206-382-2680
<b>Girl Scouts</b> Provides an opportunity for girls age 5 to 17 to build courage, confidence and character and make the world a better place. <a href="http://www.girlscoutswa.org">www.girlscoutswa.org</a>	800-767-6845
<b>Imagine Children's Museum</b> A fun filled accessible gathering place for children (Located in Everett) <a href="http://www.imaginecm.org">www.imaginecm.org</a>	425-258-1006
<b>Lynnwood Parks and Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.ci.lynnwood.wa.us">www.ci.lynnwood.wa.us</a>	425-775-1971
<b>Marysville Parks and Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.marysvillewa.gov">www.marysvillewa.gov</a>	360-363-8400
<b>Mountaineers</b> Outdoor recreational opportunities, Everett. <a href="http://www.mountaineers.org">www.mountaineers.org</a>	206-521-6000
<b>Mountlake Terrace Parks &amp; Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.cityofmlt.com">www.cityofmlt.com</a>	425-776-9173
<b>National Parks and Federation Lands Access Pass</b> <a href="http://www.nps.gov/fees_passes.htm">www.nps.gov/fees_passes.htm</a>	
<b>NW Special Artists</b> Supports Artists with disabilities by developing art programs, art exhibits, and art shows that promote disability awareness. <a href="http://www.nwspecialartists.com">www.nwspecialartists.com</a>	
<b>Outdoors For All</b> Provides recreational programs including; cycling, fishing, hiking, river rafting, water and snow skiing, and in line skating. <a href="http://www.outdoorsforall.org">www.outdoorsforall.org</a>	206-838-6030
<b>Big Brothers/Big Sisters</b> Connects children ages 6-14 from single parent families with a Big Brother or Big Sister. <a href="http://www.bbbs-snoco.org">www.bbbs-snoco.org</a>	425-252-2227

# RECREATION

<b>Redmond Parks and Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.raprd.org">http://www.raprd.org</a>		425-556-2300
<b>Rising Stars Gymnastics</b> Provides gymnastics instruction to children of all ages and skill levels. Instructors ensure that each child enjoys learning gymnastics in a safe, fun, challenging, and positive environment. <a href="http://risingstarsgymnastics.com">http://risingstarsgymnastics.com</a>		360-653-7827
<b>Shoreline Parks &amp; Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://cityofshoreline.com">http://cityofshoreline.com</a>		206-801-2600
<b>Sib Shops</b> An opportunity for siblings, who have a brother /sister with a disability, to develop relationships, learn about resources & connect to other sibs. <a href="http://www.arcsno.org">www.arcsno.org</a>		425-258-2459
<b>Snohomish County 4-H</b>	<a href="http://www.snohomishcountywa.gov/">www.snohomishcountywa.gov/</a> Search 4-H	425-357-6044
<b>Snohomish County Parks &amp; Recreation</b> Provides many opportunities to participate in a variety of recreation and leisure activities. <a href="http://www.snohomishcountywa.gov/parks">www.snohomishcountywa.gov/parks</a>		425-388-6608
<b>Swimming Pools</b>		<b>Edmonds Yost</b> 425-775-2645
		<b>Lynnwood Recreation Center</b> 425-744-6440
		<b>Mountlake Terrace Pool</b> 425-776-9173
		<b>Snohomish Aquatic Center</b> 360-568-8030
<b>Village Theatre</b> Provides quality accessible, entertaining, educational musicals and non-musicals theatre for all ages. <a href="http://www.villagetheatre.org">www.villagetheatre.org</a>		425-257-6363
<b>Washington State Directory of Summer Camps and Resource Guide for Children with Special Health Care Needs</b> <a href="http://www.cshcn.org">www.cshcn.org</a>		866-987-2500
<b>Washington State Parks</b> Provides information about state parks and accessible outdoor recreation. An <b>Accessible Pass</b> 50% discount on nightly camping/moorage. Free watercraft launching and trailer dump. Available for one-year (short-term disability) or five-year (permanent disability) periods. Note: Simply show your placard, license plate or issued wallet card along with matching I.D. directly to the park ranger. <a href="http://www.parks.wa.gov">www.parks.wa.gov</a>		360-902-8844 888-226-7688
<b>YMCA Casino Road Minority Achievement Program</b> Everett		425-512-8050
<b>YMCA Youth Center</b> Marysville		360-651-1618
<b>YMCA of Snohomish County</b> Provides recreation and childcare for all ages. Activities are set up to be welcoming and inclusive. Reduced membership is available based on income. <a href="http://www.ymca-snoco.org">www.ymca-snoco.org</a>		
	<b>Everett</b>	425-258-9211
	<b>Marysville</b>	360-653-9622
	<b>Mukilteo</b>	425-353-9622
	<b>Southeast Everett</b>	425-337-0123
	<b>Monroe</b>	360-805-0123
	<b>Mill Creek</b>	425-337-0123

# TRANSPORTATION

<b>Access Mobility Systems</b> Sells and rents wheelchair accessible vans, scooters and power chairs. <a href="http://www.accessams.com">www.accessams.com</a>	425-771-4659 800-854-4176
<b>Amtrak</b> Call to determine location and accessibility of rail station. If requesting accessible bedroom accommodation, transfer seat or wheelchair space, reserve up to 15 days in advance. Student and disability discounts available. <a href="http://www.amtrak.com">www.amtrak.com</a>	800-USA-RAIL 800-523-6590
<b>Bus Passes</b>	
<b>ORCA Card</b> Works like cash or a pass, automatically tracking the value of different fares and transfers. Accepted on Community Transit systems in Snohomish, King and Pierce County. (cannot be used on DART) <a href="http://www.orcacard.com">www.orcacard.com</a>	888-988-6722
<b>Regional Reduced Fare Permit (RRFP)</b> Provides reduced fare permits, passes and ticket books to ride fixed bus routes. For seniors and individuals with disabilities. A personal care attendant (PCA) can ride for free with a reduced-fare passenger; the PCA must get on and off with the reduced-fare passenger. The reduced-fare passenger must have an RRFP with "PCA" on the card.	Community Transit 425-348-2350 Everett Transit 425-257-7777
<b>Community Transit</b> Provides local routes, commuter routes, Swift Bus Rapid Transit and vanpools in Snohomish County. Free presentations and rides are available upon request.	
The <b>Travel Instruction Program</b> is a free program individualized to teach the basic skills necessary to successfully ride Community Transits regular route system. Training is tailored to meet individual needs. <a href="http://www.communitytransit.org">www.communitytransit.org</a>	425-353-7433 800-562-1375
<b>Dial-A-Ride Transportation (DART)</b> Provides door to door transportation to the elderly/disabled who are unable to use regular bus services in Snohomish County. Must be ADA para transit eligible. Call to make reservations. <a href="http://www.dialaride.org">www.dialaride.org</a>	425-347-5912 800-562-1381
<b>Disabled Parking Permits</b> Parking permits available through the Department of Licensing. <a href="http://www.dol.wa.gov">www.dol.wa.gov</a>	425-388-3371
<b>Everett Transit</b> Provides fixed route bus transportation within Everett city limits.	Everett Transit 425-257-7777
<b>Everett Para Transit</b> Provides door-to-door transportation within Everett city limits. Must be ADA Para transit eligible. Call to make reservations. <a href="http://www.everetttransit.org">www.everetttransit.org</a>	Para Transit 425-257-8801
<b>Find A Ride</b> An interactive internet based resource to assist riders in locating transportation options in Snohomish, King and Pierce Counties. <a href="http://www.findaride.org">www.findaride.org</a>	
<b>Greyhound Bus</b> Provides bus service throughout the United States. Call in advance to request an accessible bus. <a href="http://www.greyhound.com">www.greyhound.com</a>	800-231-2222
<b>HopeLink</b> Coordinates medical transport for Medicaid patients. <a href="http://www.hope-link.org">www.hope-link.org</a>	800-923-7433
<b>Island Transit and Para Transit</b> Provides bus service on Camano/Whidbey Islands with Washington State Ferry Connections. <a href="http://www.islandtransit.org">www.islandtransit.org</a>	800-240-8747
<b>King County Metro</b> Fixed routes throughout King Co. <a href="http://metro.kingcounty.gov">http://metro.kingcounty.gov</a>	206-553-3000

# TRANSPORTATION

<b>King County Metro-Access</b> Provides door to door transportation in King County. Call to make reservations. <a href="http://metro.kingcounty.gov">http://metro.kingcounty.gov</a>	<b>206-263-3113</b> <b>866-205-5001</b>
<b>Northwestern Trailways</b> A bus line with terminals in Everett. Call in advance to request an accessible bus. <a href="http://www.northwesterntrailways.com">www.northwesterntrailways.com</a>	<b>800-366-3830</b>
<b>Para Transit Services</b> Arranges accessible bus, taxi, or van transportation to medical appointments and hospital emergency rooms. Reimburses mileage for Medicaid recipients who are unable to obtain medical services by any other means.	<b>360-377-7007</b> <b>877-852-2580</b>
<b>Rebels by Bus</b> Blog of bus travel around the Puget Sound. <a href="http://www.rebels-by-bus.net">www.rebels-by-bus.net</a>	
<b>Snohomish County Public Works</b> If you have questions or comments about Snohomish County roads call or email <a href="mailto:transportation@snoco.org">transportation@snoco.org</a> To learn about roadway projects that may affect you go to: <a href="http://www.snohomishcountywa.gov">www.snohomishcountywa.gov</a> Search Roads Central	Projects <b>425-388-3789</b> Road Maintenance <b>425-388-7500</b>
<b>SNOTRAC</b> Provides educational awareness of transportation options available for individuals with special needs. Includes Pay Your Pal, Ride around the Sound and travel ambassador program. <a href="http://www.sssc.org/transportation/snotrac.htm">www.sssc.org/transportation/snotrac.htm</a>	<b>425-265-2226</b>
<b>Sound Transit</b> Express buses operate throughout King, Snohomish, and Pierce Counties. <a href="http://www.soundtransit.org">www.soundtransit.org</a>	<b>888-889-6368</b>
<b>Stillaguamish Tribe Transit Services</b> Provides Demand-Response transportation services to native and non-native individuals in northern Snohomish County. Schedule in advance. <a href="http://www.stillaguamish.com">www.stillaguamish.com</a>	<b>360-629-0503</b>
<b>Transportation Assistance Program (TAP)</b> For older adults and individuals with disabilities. Coordinates transportation in rural areas not served by Community Transit's DART Para Transit. Connects individuals with DART, vanpool or fixed route service. <a href="http://www.sssc.org/transportation/tap.htm">http://www.sssc.org/transportation/tap.htm</a>	<b>425-423-8517</b>
<b>Transportation Needs Hotline</b> Provides transportation information and referrals.	<b>211</b> <b>800-223-8145</b>
<b>Tulalip Transit</b> Provides rural transportation from designated stops. <a href="http://www.tulaliptribes-nsn.gov/Home/Community/TulalipTransit.aspx">http://www.tulaliptribes-nsn.gov/Home/Community/TulalipTransit.aspx</a>	<b>360-716-4206</b>
<b>Vanpool/Carpool Services</b> Vans are leased to passengers who are going to the same place on a regular basis. Vanpools can help people with disabilities and seniors travel to work, school or regularly scheduled activities. <a href="http://www.rideshareonline.com">www.rideshareonline.com</a>	<b>888-814-1300</b>
<b>Washington State Ferries</b> <a href="http://www.wsdot.wa.gov/ferries">www.wsdot.wa.gov/ferries</a>	<b>800-843-3779</b>
<b>Wheelchair Accessible Services</b>	Mercy Transportation Medi Ride <b>425-347-4700</b> <b>425-870-5195</b>



# INDEX OF AGENCIES

ABLE OPPORTUNITIES INC.	4	CAMPFIRE	22
ABUSE NEGLECT	20	CANINE COMPANIONS FOR INDEPENDENCE	17
ACCESS MOBILITY	24	CARE CRISIS LINE	18, 20
ACCESS WASHINGTON	20	CAREER PATH SERVICES	12
ACCESSIBLE PLAYGROUND	1	CASCADIA COMMUNITY COLLEGE	6
ACCLAIMED PHOTOGRAPHY	8	CATHOLIC COMMUNITY SERVICES	17
ADOLESCENT HEALTH TRANSITION PROJECT	5, 14	CELL PHONES	13
ADULT PROTECTIVE SERVICES	8	CENTER FOR CHANGE IN TRANSITION SERVICES	5
AKTION CLUB	3	CENTER FOR CHILDREN WITH SPECIAL NEEDS	8
ALCOHOL/DRUG 24-HOUR HELPLINE	14	CENTER FOR INDEPENDENCE	2
AMERICAN RED CROSS	18	CENTER PARENT RESOURCES	20
AMERICAN TRAILS	1	CHALLENGED AMERICA FOUNDATION	14
AMTRAK	24	CHDD	14
APARTMENT FINDER	17	CHILD CARE AWARE OF WASHINGTON	9
APN ACCESS LINE	16	CHILD CARE LAW CENTER	21
APTITUDE HABILITATION SERVICES	8	CHILD WELFARE/FAMILY RECONCILIATION	9
AQUAEXCEL	22	CHILDCARE RESOURCE AND REFERRAL	9
ARC OF SNOHOMISH COUNTY	2, 8, 10, 11, 17, 20	CHILDREN W SPECIAL HEALTH CARE NEEDS	9, 14
ARC OF WASHINGTON STATE	8	CHILDREN'S HOSPITAL	15
ASPERGERS PARENT GROUP	8	CHILDREN'S MEDICAID PERSONAL CARE	9
AUTIETOTS	8	CITRINE HEALTH	14
AUTISM AWARENESS PROJECT	8	CLEAR	21
AUTISM CENTER	8	COALITION FOR INCLUSIVE COMMUNITIES	22
AUTISM NOW	8	COCOON HOUSE	18
AUTISM OUTREACH & LENDING LIBRARY	8	COLUMBIA LEGAL SERVICES	21
AUTISM SAFETY PROJECT	6	COMMUNITY HOUSING IMPROVEMENT PROGRAM	19
AUTISM SOCIETY OF WASHINGTON	8	COMMUNITY INFORMATION LINE	9, 17, 20
AUTISM SPEAKS	8	COMMUNITY SERVICE OFFICE (CSO)	13
AUTISTIC SELF ADVOCACY NETWORK	3	COMMUNITY TRANSIT	24
BEHAVIORAL HEALTH AND RECOVERY	16	COMPASS HEALTH	16
BELLEVUE COLLEGE	6	CRISIS INTERVENTION SERVICES	16
BENEFICIAL DESIGN	1	DBTAC	1
BENEFITS CHECK UP	14	DD ADVISORY BOARD	20
BIG BROTHERS/BIG SISTERS	22	DD LIFE OPPORTUNITIES FOUNDATION	12, 21
BOY SCOUTS	22	DD LIFE OPPORTUNITIES TRUST	12, 21
BOYS AND GIRLS CLUBS	22	DDC	2
BRAIN INJURY ASSOCIATION	20	DEAF AND HARD OF HEARING	20
BRIDGE MINISTRIES	8	DECOD	14
BROOKES PUBLISHING	6	DEPARTMENT OF SERVICES FOR THE BLIND	12
BUS PASSES	24	DEVELOPMENTAL DISABILITIES ADMIN	9, 17, 20
BUSINESS LEADERSHIP NETWORK	12	DIAL-A-RIDE TRANSPORTATION (DART)	24
CAMP PRIME TIME	8	DIRECTORY OF DENTISTS	15

DISABILITY IS NATURAL	3	FICC	7
DISABILITY RIGHTS OF WASHINGTON	2, 21	FIND A RIDE	24
DISABILITY SCOOP	6	FOOTLOOSE SAILING ASSOCIATION	22
DISABILITY SOCIAL HISTORY	3	FRIENDS OF YOUTH	18
DISABILITY.GOV	6	GIRL SCOUTS	22
DISABLED PARKING PERMITS	24	GOODWILL	12
DISPUTE RESOLUTION CENTER	18, 21	GOVERNORS COMMITTEE ON DISABILITY	2
DO-IT PROGRAM	6	GREYHOUND BUS	24
DOMESTIC VIOLENCE SERVICES	2, 18, 20	GUARDIANSHIP	21
DOWN SYNDROME SNOHOMISH COUNTY	9	HABITAT FOR HUMANITY	19
DSHS TRIAL ELIGIBILITY CALCULATOR	13	HANDLE INSTITUTE	15
DVR	12	HASCO	19
EAGLE WINGS DISABILITY MINISTRIES	9	HCS/DSHS	20
EARLY HEAD START/HEAD START	5	HEAD START	7
EASTER SEALS	9	HEALTHCARE FOR WORKERS W/DISABILITIES	14
ECEAP	7	HEARING, SPEECH AND DEAFNESS CENTER	4
EDMONDS COMMUNITY COLLEGE	6	HIGHLINE COMMUNITY COLLEGE	6
EDMONDS PARKS AND RECREATION	22	HOME CARE QUALITY AUTHORITY	18
EDUCATING ON DISABILITY	3	HOME SIGHT HOME OWNERSHIP	19
ELECTRICITY	13	HOMECHOICE PROGRAM	19
ELKS THERAPY PROGRAM	15	HOPELINK	24
ENABLING DEVICES	4	HOUSING AUTHORITY OF SNOHOMISH COUNTY	17
ENERGY ASSISTANCE PROGRAM	13	HOUSING HOPE	17, 19
EPILEPSY FOUNDATION NORTHWEST	15	HOUSING SEARCH NORTHWEST	17
ESIT	7	IMAGINE CHILDREN'S MUSEUM	22
EVERETT COMMUNITY COLLEGE	6	INCLUSION	6
EVERETT GOSPEL MISSION	18	INFORMING FAMILIES	6, 10, 21
EVERETT HOUSING AUTHORITY	17	ISLAND TRANSIT AND PARA TRANSIT	24
EVERETT PARA TRANSIT	24	JAMESON LENDING LIBRARY	6
EVERETT PARKS AND RECREATION	22	JOB ACCOMMODATION NETWORK	1, 12
EVERETT TRANSIT	24	JOB CORPS	12
EXCEPTIONAL FAMILY MEMBER PROGRAM	9	KIDS INCLUDED TOGETHER	6
FAIR HOUSING CENTER OF WASHINGTON	18	KING COUNTY METRO AND ACCESS	24, 25
FAMILIES FOR EFFECTIVE AUTISM TREATMENT	9	KINSHIP CAREGIVER	10
FAMILY CONVERSATION	4	LAKE WASHINGTON TECHNICAL COLLEGE	6
FAMILY HEALTH HOTLINE	10, 15	LANDSCAPE STRUCTURES	1
FAMILY HELPLINE	10	LIFE SPAN	10
FAMILY MENTOR PROJECT	2	LISTEN AND TALK	4
FAMILY SUPPORT CENTERS	10	LONG TERM CARE OMBUDSMAN	3
FATHERS NETWORK	10	LYNNWOOD PARKS AND RECREATION	22
FEMA	20	MANDATORY TRAINING FOR GUARDIANS	21
FETAL ALCOHOL SYNDROME	10	MARYSVILLE PARKS AND RECREATION	22
FETAL ALCOHOL SYNDROME DIAGNOSTIC	15	MEALS ON WHEELS	18

MEDI RIDE	25	POOLS	23
MEDICAID PERSONAL CARE	15, 18	PROGRAM DEVELOPMENT ASSOCIATES	6
MENTAL HEALTH ASSISTANCE	16	PROJECT PRIDE	13
MENTAL HEALTH COUNSELING	16	PROTECTED TOMORROWS OF SEATTLE	12
MERCY TRANSPORTATION	25	PROTECTION ORDER PROGRAMS	21
MIGRANT HEALTH CENTERS	16	PROVAIL	4
MINOR HOME REPAIR	19	PROVIDENCE CHILDREN'S CENTER	15
MOTHERS NETWORK	10	PROVIDENCE HOSPICE AND HOME CARE	15
MOUNTAINEERS	22	PROVIDENCE LIFELINE MEDICAL ALERT	15
MOUNTLAKE TERRACE PARKS & REC	22	PROVIDENCE SEXUAL ASSAULT CENTER	20
MS HELPING HANDS DONATION CLOSET	15	PUGET SOUND AUTISM SERVICES	11
NAMI	10	PUGET SOUND PSYCHOLOGY & CONSULTING	11
NATIONAL CENTER ON ACCESSIBILITY	1	QUALITY MALL	6
NATIONAL COUNCIL ON DISABILITY	2	RAMP ARTS	18
NATIONAL PARKS	22	RAMPATHON	18
NAVY REGION NORTHWEST SCHOOL LIAISON	10	RAMP-PUGET SOUND LABOR AGENCY	18
NORD	15	REBELS BY BUS	25
NORTHWEST ADA CENTER	20	REDMOND PARKS AND RECREATION	23
NORTHWEST ESD 189	5	REFUGEE WOMEN'S ALLIANCE	2
NORTHWEST INDIAN HOUSING ASSOCIATION	17	REGIONAL REDUCED FARE PERMIT	24
NORTHWEST JUSTICE PROJECT	21	REHAB & REPAIR	19
NORTHWEST SPECIAL FAMILIES	10	RESOURCES FOR SPANISH SPEAKING CLIENTS	11
NORTHWESTERN TRAILWAYS	25	RISING STARS GYMNASTICS	23
NURSE-FAMILY PARTNERSHIP	7	RITE CARE OF WASHINGTON	11
NW SPECIAL ARTISTS	22	SAIL	3
OFFICE OF DISABILITY EMPLOYMENT POLICY	12	SALVATION ARMY	18
OFFICE OF EDUCATION OMBUDSMAN	5	SEAMAR	15, 16
ORCA	24	SEATTLE CHILDREN'S HOSPITAL	15
OSPI	5	SELF ADVOCACY GROUPS	3
OUTDOORS FOR ALL	22	SENIOR INFORMATION AND ASSISTANCE	20
PARA TRANSIT SERVICES	25	SENIOR SERVICES OF SNO CO.	11
PARENT TO PARENT	7, 11	SERVICES FOR THE BLIND	4, 9
PARENT/FAMILY COALITION	10	SHIBA	14
PARKVIEW SERVICES	19	SHIELD HEALTH CARE	15
PARTNERS 4HOUSING	17	SHORELINE COMMUNITY COLLEGE	6
PARTNERSHIP ACCESS LINE	16	SHORELINE PARKS & RECREATION	23
PATHWAYS FOR WOMEN	18	SIB SHOPS	11, 23
PATHWAYS TO EMPLOYMENT	12	SKAGIT VALLEY COLLEGE	6
PAVE	2, 5	SMART 911	20
PEOPLE FIRST	3	SNO CO. EARLY INTERVENTION	7
PLAN TO WORK	12	SNO ISLE SKILL CENTER	5
PLANNED PARENTHOOD	11	SNOCo EARLY INTERVENTION PROGRAM	5, 15
POISON INFORMATION HOTLINE	15	SNOHOMISH COUNTY 4-H	23

<b>SNOHOMISH COUNTY ASSESSOR</b>	<b>19</b>	<b>VILLAGE THEATRE</b>	<b>23</b>
<b>SNOHOMISH COUNTY DD</b>	<b>20</b>	<b>VOA FAMILY SUPPORT</b>	<b>13</b>
<b>SNOHOMISH COUNTY HEALTH DISTRICT</b>	<b>15</b>	<b>VOLUNTEER CHORE SERVICE</b>	<b>18</b>
<b>SNOHOMISH COUNTY LEGAL SERVICES</b>	<b>21</b>	<b>VOLUNTEERS OF AMERICA</b>	<b>18</b>
<b>SNOHOMISH COUNTY PARKS &amp; REC</b>	<b>23</b>	<b>WA AUTISM ALLIANCE AND ADVOCACY</b>	<b>2</b>
<b>SNOHOMISH COUNTY PUBLIC WORKS</b>	<b>25</b>	<b>WA HANDS AND VOICES</b>	<b>11</b>
<b>SNOHOMISH COUNTY SUPERIOR COURT</b>	<b>21</b>	<b>WA STATE HUMAN RIGHTS COMMISSION</b>	<b>3</b>
<b>SNOHOMISH COUNTY TRANSITION</b>	<b>5</b>	<b>WA STATE PARKS ACCESSIBLE PASS</b>	<b>23</b>
<b>SNOTRAC</b>	<b>25</b>	<b>WASHINGTON ACCESS FUND</b>	<b>4</b>
<b>SOCIAL SECURITY ADMINISTRATION</b>	<b>13</b>	<b>WASHINGTON APPLE HEALTH</b>	<b>14</b>
<b>SOCIAL SECURITY BENEFIT ELIGIBILITY</b>	<b>13</b>	<b>WASHINGTON CONNECTIONS</b>	<b>11</b>
<b>SOCIAL SECURITY BENEFITS ASSISTANCE</b>	<b>13</b>	<b>WASHINGTON HEALTH BENEFIT EXCHANGE</b>	<b>14</b>
<b>SOUND TRANSIT</b>	<b>25</b>	<b>WASHINGTON HOME OF YOUR OWN</b>	<b>13</b>
<b>SPECIAL ED TECHNOLOGY</b>	<b>4</b>	<b>WASHINGTON LAW HELP</b>	<b>21</b>
<b>SPECIAL EDUCATION MEDIATION</b>	<b>5, 11</b>	<b>WASHINGTON RELAY SERVICE</b>	<b>4</b>
<b>SPECIALIZED TRAINING OF MILITARY PARENTS</b>	<b>5</b>	<b>WASHINGTON SENSORY DISABILITIES SERVICES</b>	<b>7</b>
<b>SPEECH TO SPEECH</b>	<b>4</b>	<b>WASHINGTON STATE FERRIES</b>	<b>25</b>
<b>SPROUT FILM</b>	<b>6</b>	<b>WASHINGTON STATE MEDICAL HOME WEBSITE</b>	<b>16</b>
<b>ST. VINCENT DE PAUL</b>	<b>18</b>	<b>WASHINGTON STATE PARKS</b>	<b>1</b>
<b>STARLIGHT CHILDREN'S FOUNDATION</b>	<b>16</b>	<b>WASHINGTON STATE TRIBAL DIRECTORY</b>	<b>20</b>
<b>STATE DIRECTORY OF SUMMER CAMPS</b>	<b>23</b>	<b>WASHINGTON'S BASIC FOOD PROGRAM</b>	<b>18</b>
<b>STATE FETAL ALCOHOL SYNDROME</b>	<b>16</b>	<b>WATAP</b>	<b>4</b>
<b>STATE MANUFACTURED HOUSING</b>	<b>18</b>	<b>WATF</b>	<b>4</b>
<b>STILLAQUAMISH TRIBE TRANSIT SERVICES</b>	<b>25</b>	<b>WEATHERIZATION HOME REPAIRS</b>	<b>19</b>
<b>TALKING BOOK AND BRAILLE LIBRARY</b>	<b>4</b>	<b>WEATHERIZATION PROGRAM</b>	<b>13</b>
<b>TAP</b>	<b>25</b>	<b>WHATCOM ALLIANCE FOR HEALTH ADV</b>	<b>14</b>
<b>TEAM CHILD</b>	<b>2</b>	<b>WHEELCHAIR ACCESSIBLE SERVICES</b>	<b>25</b>
<b>TECH STEP</b>	<b>4</b>	<b>WIC</b>	<b>16</b>
<b>THINK COLLEGE</b>	<b>6</b>	<b>WINDMILLS DISABILITY AWARENESS TRAINING</b>	<b>3</b>
<b>TRANSPORTATION NEEDS HOTLINE</b>	<b>25</b>	<b>WITHIN REACH</b>	<b>16</b>
<b>TRAVEL INSTRUCTION PROGRAM</b>	<b>24</b>	<b>WOMEN &amp; CHILDREN'S MISSION</b>	<b>18</b>
<b>TULALIP TRANSIT</b>	<b>25</b>	<b>WOMEN, INFANTS &amp; CHILDREN (WIC)</b>	<b>13</b>
<b>U.S ACCESS BOARD</b>	<b>1</b>	<b>WORK SOURCE</b>	<b>12</b>
<b>U.S DEPARTMENT OF JUSTICE</b>	<b>1</b>	<b>WSDS</b>	<b>4, 5</b>
<b>U.S FOREST SERVICE</b>	<b>1</b>	<b>YMCA</b>	<b>23</b>
<b>UNIV CENTER FOR EXCELLENCE IN DD</b>	<b>11</b>	<b>YMCA MINORITY ACHIEVEMENT PROGRAM</b>	<b>23</b>
<b>USDA RURAL DEVELOPMENT</b>	<b>19</b>	<b>YMCA YOUTH CENTER</b>	<b>23</b>
<b>UW BOTHELL CAMPUS</b>	<b>6</b>	<b>YWCA</b>	<b>11</b>
<b>VANPOOL/CARPOOL</b>	<b>25</b>		





UPDATES AND ADDITIONAL RESOURCES CAN BE FOUND AT:

[www.snohomishcountywa.gov/dd](http://www.snohomishcountywa.gov/dd)

**SNOHOMISH COUNTY  
DEVELOPMENTAL DISABILITIES**



**RESOURCE GUIDE**



RESOURCES AND CONTACT INFORMATION FOR OVER 350 AGENCIES

**SNOHOMISH COUNTY  
DEVELOPMENTAL DISABILITIES**



**COMMUNITY PLAN**



CURRENT ISSUES AND EFFORTS THAT ARE BEING MADE  
TO IMPROVE THE QUALITY OF LIFE FOR INDIVIDUALS WITH  
DEVELOPMENTAL DISABILITIES AND THEIR FAMILIES

**Snohomish County  
Developmental Disabilities**

**Career Path Services**

**A Guide to  
Employment**



SUPPORTS AVAILABLE FOR INDIVIDUALS INTERESTED IN  
WORKING AND CONTRIBUTING IN THEIR COMMUNITY

**SNOHOMISH COUNTY  
DEVELOPMENTAL DISABILITIES**

**BUILDING A  
SUCCESSFUL  
FUTURE**

**GUIDE BOOK**

